

Speaker 1: Bulletproof Radio, a state of high performance.

Dave Asprey: You're going to love today's episode and you'll want to listen to the whole thing because we're talking about steroids, we're talking about different exercise techniques, we're talking about the mindset of food, we're talking about the mindset of exercise, we're talking about even kratom, which is a new herbal substance that can help you with opiate addiction and a bunch of other stuff like that. We cover this broad range of things and a really powerful ending for the show, so tune in for the whole thing. It's just a fun interview and you're going to enjoy listening to it.

You're listening to Bulletproof Radio with Dave Asprey. Today's cool fact of the day is that researchers have found some bacteria in your gut that can help you hack your athletic performance. We already know that your microbiome affects your energy, metabolism, your inflammation response and your neurological function. Funny enough, all of those are going to impact your athletic performance so it isn't that hard to hypothesis, but no one ever measured this before.

These researchers said this is going to matter for endurance, recovery and probably mental resilience, which is a core part of what matters to me at Bulletproof. What they found is that in exceptional runners there's a type of bacteria that breaks lactic acid down after extreme performance, so they just have so much of this present that they do that. Now in my case I hack my own lactic levels by exercising with compression stuff and ice on my arms because I want more lactic acid in my brain as a signal.

But endurance runners have too much lactic acid so they grow bacteria to help them dump this stuff, which is incredibly cool. Does that mean you can be a better endurance runner if you take the right stuff? Maybe if you feed it because it's about what you eat that feeds the bacteria. If you're going to take your probiotic, you better eat something they can also digest.

They found another kind of bacteria that breaks carbs down and fiber down. We all have those, but they found different ones in endurance runners. Typically if you eat Bulletproof you're going to break your vegetables down into probiotic acid, which is one of the short chain fatty acids you can burn for fuel so you're eating the right kind of carbs, they actually turn into fat before you use them, which is kind of cool only if your bacteria work right.

They figured out in the study, at least they hypothesized, that the individual microbiomes of these crazy athletes probably took decades to develop so it might take you a little while to do this if that's what you want to do, but it helps us understand as biohackers this stuff really matters. What we don't yet know is how you can really precisely do this sort of thing.

I'm pretty hopeful that my friends over at Viome who now have the most detailed and precise map of what's going on in your gut that's ever been done for humans, that they're going to be able to do that and you can head to Viome.com to find out stuff about that. V-I-O-M-E. You should look at the Bulletproof Radio episode with Naveen Jain, the CEO of that who also is mining the moon for minerals. Kind of a cool guy.

Before we launch into the show, if you haven't had a chance to check this out you probably don't know that Bulletproof makes coffee pods. If you have something that takes K-Cups, we've got your back. I'll tell you, you grind your beans, the Mentalist is my current favorite. That's like our medium dark roast. You grind them and you brew your coffee. You're going to get the very best coffee.

That's how the experts do it, but if you're in a hurry, you're in an office or you're in a hotel room, the coffee pots can save your life so you're drinking the clean coffee. It doesn't cause the crash that can happen from drinking a lot of the coffee that's out there. So check that out. If you didn't know it and you've got one of those machines, we've got you. All right, today's guests are Mark and Chris Bell. Guys, say hi.

- Chris Bell: How you doing? I'm Chris Bell. I'm a filmmaker, Bell power lifter and an entrepreneur.
- Dave Asprey: You guys stole my thunder here.
- Chris Bell: Oh okay.
- Dave Asprey: No, it's cool. I'm hoping that people learn to recognize your voices because it's tough when you're just listening if I've got two people at the same time, so I'll try to call.
- Mark Bell: We sound similar sometimes, yeah.
- Dave Asprey: Exactly. Mark is world and American record holder power lifter. About 300,000 people follow what he does and online on Instagram and all. He could clearly crush me in his bicep right now if he wanted to.
- Mark Bell: If I got mad enough.
- Dave Asprey: I might be able to crush you with my calves. I've got pretty big calves.
- Mark Bell: Yeah, you've got some big calves.
- Dave Asprey: I can't wear pants, too.
- Mark Bell: All shaved up and sleek too I might add.

Dave Asprey: No, they're just, they're electrically stimulated. It pulls the hair off when you put electrodes on there. It's kind of painful. You built Super Training Gym, which Men's Health said was one of the 30 best gyms in America, so you're a guy who knows a thing or two about picking up heavy things.

Mark Bell: Yeah, I've been lifting since I was 12-years-old and I'm going to be 41 in December, so I've been doing it for a long time.

Dave Asprey: You also invented this thing called The Slingshot, which I was just playing with which is something you can use for changing your physiology during push-ups. I just did 15 push-ups with this strange band across my chest so that when you're at the very weakest part of the push-up you need less muscle activation, which is a good thing because it protects your shoulders, so it seems like a good move.

Mark Bell: It's a product I created because I tore my pec several times. Being a competitive power lifter and pushing the envelope the way that I was I went from bench pressing over 600 pounds to 700 pounds to an eventual 854 pound bench. In my training I started realizing that handling these amounts of weight with both my arms pinned behind my midline of my body was causing a lot of stress in my pecs and I eventually tore both of my pecs, a total of three tears to come up with the invention, so I always say I'm probably the only patent holder that can claim that I've torn my pecs to make my product.

The product is a supportive upper body device that allows you to handle more weight for more reps and more sets, which gets you more volume, gets you more work. Also can allow you to do a lot more work on the eccentric, the lowering portion of the exercise. In addition to that it's helping you with better form.

Dave Asprey: It's a cool hack, and we're not going to talk about that the whole show. We have no affiliate or any of that kind of stuff. It's just a guy who knows a lot about exercise and has done some cool stuff in this space. On my other side here we've got Chris. This is a guy behind the documentaries Bigger, Stronger, Faster, Trophy Kids and Prescription Thugs. These are big name documentaries. You've seen them on what, HBO?

Chris Bell: HBO was Trophy Kids and then the other ones are on Netflix.

Dave Asprey: In fact, I think most people listening have probably at least seen the name Bigger, Stronger, Faster. That's something almost everyone's interested in at least one of those things, right?

Chris Bell: Right.

Dave Asprey: So that's a great, great name for a movie.

Chris Bell: Thank you.

Dave Asprey: You interviewed a lot of people around the world about this quest for these different things and just how do we improve people.

Chris Bell: Yeah, like 10 years ago I was obsessed with getting stronger. I was still obsessed with power lifting and I was obsessed with the fact that I had this moral dilemma right in my own family, it was exhibited right in my own family. We have an older brother, Mad Dog, he actually passed away after we made Bigger, Stronger, Faster, but to go back to the reason why I made Bigger, Stronger, Faster is I was in the middle of two brothers and I wasn't sure what the steroids were doing to them and how it affected them.

In the end I wanted to make a decision, like is this something that I'd want to get into or is it something that's really bad. That's sort of what the movie was about and that's sort of where it came about from. Now 10 years later we have different goals, which we'll talk about.

Dave Asprey: It's actually kind of cool. I want to talk about steroids and see what you guys think about that.

Chris Bell: Sure.

Dave Asprey: I've been just very openly using testosterone since I was 26-years-old.

Chris Bell: Oh my God.

Dave Asprey: The reason for that is when I was 26 my mom had more testosterone than I did naturally.

Chris Bell: Oh no.

Dave Asprey: Which was a bit of a problem, right?

Chris Bell: Yeah.

Dave Asprey: When I started taking bio-identical physiological replacement doses, not power lifter doses, it's like wow, it's like someone took the gloves off. My brain started working again, right?

Chris Bell: Right.

Dave Asprey: People so, "Oh, that's a bad thing." I'll just tell you, when you're 70, if you have the testosterone levels of a 30-year-old you're going to like your life. If you have the testosterone levels of a 70-year-old that are normal, you're probably not going to like your life as much. That's just how it is, so when we talk about steroids today we're going to separate the anti-aging kind of we'll call it medical use of them versus the I want to do something my body can do. I want full

control of my biology. This is a tool set for that. We'll talk about that, but we're going to talk about nutrition, keto power lifting ...

Chris Bell: Whatever you want.

Dave Asprey: ... and exercise techniques. I want to pick both your brains because you both have interesting perspectives and you're brothers. You grew up together so this is going to be a good story you're going to tell us here, right?

Chris Bell: Absolutely. We were nuts.

Dave Asprey: All right. So let's start here Chris. You have a nickname for your little brother here. What's that?

Chris Bell: Yeah, his nickname was always Smelly. The reason why was ...

Mark Bell: You probably noticed when I came in.

Chris Bell: ... I say it in Bigger, Stronger, Faster, when we were young kids he would just be out in the yard playing all day, be running around. He was just always active and he was always sweaty and smelly. So he just sort of had that nickname.

Mark Bell: I hated taking showers. I was at that age where I didn't like, 11 to 13 or so.

Chris Bell: He had that nickname and it kind of stuck, no pun intended, and then he went into pro wrestling when he was in his 20s, so Mark actually wrestled. We actually found a guy named John Cena that we roped into pro wrestling and Mark was battling him basically every week. He needed a name. Mark Bell just didn't fit so we started calling him Smelly. Smelly versus John Cena, right?

Dave Asprey: That was your pro wrestler name?

Mark Bell: That was it, yeah.

Chris Bell: The thing is, the only ...

Mark Bell: I was the kid who was picked on too much and couldn't take it anymore.

Chris Bell: The only person that actually really liked the name Smelly was Shane McMann. Shane McMann got it. He was like, "This is..."

Mark Bell: You can't be Smelly.

Chris Bell: Everybody's like, "Your name can't be Smelly. It needs to be like Macho Man or Ultimate Warrior. It needs to be something cool, smell's derogatory." Shane McMann was like, "No, that's it. He was picked on." So that's where it comes from.

Dave Asprey: Wasn't one of those Spice Girls like Stinky Spice or something.

Chris Bell: Maybe. I don't know. Scary?

Dave Asprey: Scary. Yeah, it was Scary. It wasn't Stinky, sorry. Scary. I didn't mean it, but it was one of those things where it's like a negative thing, but it's for wrestling, what the heck. Who's going to forget Smelly, right?

Chris Bell: If the negative motivates you then I guess it's worth it, right?

Dave Asprey: That's cool. All right Mark, you said you were 12 when you started lifting. Is this because you were called Smelly? I'm going to say something that's going to piss off some of my body building friends. There is something that happens, and I say this as a guy who used to weigh 300 pounds, and also I'll tell you I never really felt, I always felt alone and I never felt very safe. There's some kind of looming threat that I couldn't identify.

So there's two different ways you can compensate for that. This is all unconscious behavior. One of them is you get big because you're fat and me, I had hormonal problems. I had toxic mold poisoning, but there was some emotional stuff going on there. The other thing you can do is you can be like, "I'm going to be invincible. I'm going to get big. I can pick a truck up." Is that what was getting you going when you were 12?

Mark Bell: Mainly it was my two older brothers that got me into lifting at first.

Dave Asprey: Okay, just because you were modeling older brothers who were doing that.

Mark Bell: A little bit. A little bit.

Dave Asprey: It was a positive motivation.

Mark Bell: I was probably about 12 and they were already showing me a little bit of strength training. My oldest brother Mad Dog was trying to show me how to squat but I couldn't handle the weight being on my back.

Dave Asprey: You were 12, right?

Mark Bell: I was like, "Ow, that hurts." He's like, "You're being a ..." You know. I wanted to use that pad that they make for the squat and neither one of those guys were letting me ...

Dave Asprey: We actually call it the pussy pad.

Chris Bell: Oh God.

Dave Asprey: We threw it in the garbage.

Mark Bell: They wouldn't let me use that and so what happened was I was playing with my football, my favorite football. I had a New York Jets football. We're from New York. I'm throwing the ball up in the air. I was playing with myself, as usual, and a guy yells to me. He says, "Hey Bell, throw me the football." I turn around and it's a family friend who's actually like a frenemy, like we all hate him. He hates our family. We hate his family. Flashback to early '90s, late '80s, this guy's got the mullet, he's got the acid washed jeans.

Dave Asprey: Nice.

Mark Bell: He's got the fanny pack. For some reason he had biceps. I'm not sure why, but he's like 17 or 16. So I turn around and I see this guy who's kind of jacked with a mullet. I've seen him around before and he's like, "Hey, throw me the football." I was like, oh yeah, it would be cool to throw a football around with somebody.

So I throw him the football and he proceeds to catch it, turn around and kick it as far as he can. He booted it into the woods and I went to search for it and was never able to find the football. But from that moment on you can flash to a Rocky montage of me training in our garage. Banging out some curls and some bench press and banging out some push-ups. At that point I was kind of a fat kid too, so once I started to recognize years later, but once I started to recognize that you can really change your body through some of this, then I really fell in love with it.

Dave Asprey: One of the things that can happen when kids lift heavy before their bone growth plates fully seal is it can actually stunt bone growth.

Mark Bell: Right.

Dave Asprey: My kids are always like, especially my son is like, "God, I want to go to the ARX." I'm like actually you could do one exercise once a week because you could take inches off. Also, there's pretty good evidence that until you're 18 or something you probably don't want to really go down that path. We're you lifting really heavy or you were just lifting?

Mark Bell: Yeah, for me I started lifting heavy pretty early on. I was able to go into some competitions and break some like New York State records and stuff like that. I don't know how much real science there is behind the bone thing. I don't know how much it affected me. Maybe it did rob me.

Dave Asprey: You're the taller of the two brothers by about four inches or something, right?

Mark Bell: Yeah, maybe it did rob me a little bit, but I do know that ...

Chris Bell: Actually when we were younger I would squat 600 pounds. Every single week I had 600 pounds on my back.

Dave Asprey: So that might have, that might have shortened you.

Chris Bell: That might have affected me, yeah.

Dave Asprey: Okay.

Mark Bell: Yeah, maybe I wasn't strong enough to even hurt myself at that point.

Chris Bell: When we first got into it I was way stronger than him. I was always 100 pound ahead of him in everything.

Mark Bell: He is four years older.

Chris Bell: Bench pressing, whatever, but I was four years older.

Dave Asprey: Got it.

Chris Bell: I was like he will never catch me. So he would bench 355. I'd bench 455.

Dave Asprey: Cool.

Chris Bell: He'd bench 430. I'd bench 500 or something. It was always like just trying to push against ...

Dave Asprey: It was brotherly competition.

Chris Bell: Stay ahead of him enough. Then there was a point where the switch flipped. He's like, "I'm moving to Ohio and I'm going to start training at West Side Barbell." That with ...

Mark Bell: I was all in at that point.

Chris Bell: He just started learning. Accelerated learning is what we call it, accelerated learning. He just took off. There was no catching him.

Dave Asprey: We'll switch gears here. I didn't do this in the introduction, but you're really open. You're doing film about addiction and you spent some serious time as an addict.

Chris Bell: Mm-hmm (affirmative).

Dave Asprey: When did that start?

Chris Bell: I actually started when I went to college.

Dave Asprey: Okay. It was after your bodybuilding time was started.

Mark Bell: He didn't really recognize it until ...

Chris Bell: I was power lifting. I didn't recognize it, but the first time I ever drank alcohol was 16-years-old and my friend dumped me off on the front lawn because he didn't know what to do with me I was so drunk.

Mark Bell: I remember that.

Chris Bell: My parents went crazy.

Mark Bell: It was scary.

Chris Bell: It was the first time I ever drank or whatever. I had told my dad 20 years later, I said, "I should have known that day. I should have known this is done. This isn't for me."

Dave Asprey: Not a lot of 16-year-olds have that level of self-awareness. The prefrontal cortex isn't wired yet, so don't blame yourself.

Chris Bell: It didn't start fast. It started really slow. I was the kid, I was a power lifting champion in high school and I went to a community college and I was still competing in all these power lifting meets. Then I went to USC Film School, and I went out to California and I was sort of on my own for the first time and sort of allowed to party. It's like oh, this is fun. Then girls came into the equation and the girls liked to drink. It became this thing where I traded my power lifting career for like a social life. You know?

Dave Asprey: Right.

Chris Bell: For me, I think that was probably a bad move. I just sort of kept going down that path, but what really happened that really after I did ... I wasn't ever that bad. I would binge a lot I should say, but I wasn't ever really that bad until I had my double hip replacement surgery at 33-years-old, which was like 10 years ago.

Dave Asprey: Is that a result of bad power lifting form? What happened?

Chris Bell: That's the result of genetics. My father had hip surgery at 17-years-old and Mark never had the same issues that I had.

Mark Bell: I had pain, but nothing like he had.

Chris Bell: Yeah, I couldn't walk ever since I was young. I could never run. I've never run a lap in my life because I can't.

Dave Asprey: Got it.

Chris Bell: I had to deal with these things all the time.

Dave Asprey: You had chronic pain going on then too and chronic pain ...

Chris Bell: A lot of chronic pain.

Dave Asprey: I had arthritis in my knee since I was 14 and it's gone now. Has been for 10-plus years, but yeah, you're used to hurting all the time so that makes you more like to ...

Mark Bell: You had both your knees operated on too, right?

Chris Bell: The other thing is all the things that I've learned in the past year are all anti-inflammation, how to get rid of it. It's like every single thing I was doing caused inflammation. So ...

Dave Asprey: What changes did you make in the last year?

Chris Bell: The first change I made was just going back to a ketogenic diet. It's something that when I was power lifting it always worked. I have a friend named Ron Fedco. He's actually the head of computer science at Stanford now, but he was a power lifter who squatted over 800 pounds at 198 pounds. He was the most amazing lifter I've ever seen. He came up to me in Gold's Gym one day and we were training, he said, "You're just way too fat. You weigh about 240 pounds and you're like 5'6'."

He's like, "What are you doing?" I'm like, "I don't know, I just thought I was power lifting." He's like, "No, no, no. You've got to get down under 200 or you can't train with us anymore." I'm like, "I don't know how to do that. I've never been under 200 since I was in high school." He's like, "Get ready. You go write this down. Go get a pen. I'm going to tell you how to get down under 200 pounds." I'm like, "Okay." I come back and I've got a pen and a piece of paper. He goes, "Write this down. Red meat and water." He walked away.

Dave Asprey: That's pretty high protein.

Chris Bell: He walked away and I was like, "What?" He's like, "I want you to do this." So I did that for the next two weeks. I had a meet coming up and what do you know, I slipped right under the weight class underneath me. I won the meet. It was the California State Championships. I'm like man, there's something about that. You're right, it is probably the wrong version of ...

Dave Asprey: You're in ketosis, but you're in a high protein ketosis, which as a power lifter you were using the protein, but over a long period of time a high protein keto, if you can pull it off, it's going to chew up your kidneys, right?

Mark Bell: Ron also had an interesting twist on his diet where he would allow for some fruit. He said if you felt like having carbs, eat a couple pieces of fruit. Fruit was like part of it.

Chris Bell: I should say after the meet, he put me on a more balanced diet where he added in a bunch of vegetables. I was eating more of a cyclic ketogenic diet that actually went with my workout plan, which is really unique. So on Thursday I was allowed to eat some fruit, just a little bit, and some carbs, just a little bit. Then we would deadlift on Friday, and deadlift was always the most brutal day, so we had a little bit of carbs the day before. It sort of made sense on paper.

Dave Asprey: It does make sense off paper too, and a lot of people are like "Oh, the Bulletproof Diet says it's a zero carb diet". I'm like, "What? Did you read the book?" No, it's not, because the body will use some carbs -- and I give it to my kids, it's summer. You're supposed to eat ripe fruit in summer. So if they have a piece of fruit after dinner, great, that's fine. But if they have six pieces of fruit a day and you blend it into a smoothie, that's just not a good move.

Chris Bell: I'm a huge fan of the ketogenic diet, but I'm also a bigger fan of being more open minded and I'm a huge fan of Bulletproof, because I try to introduce people to the ketogenic diet in the softest way possible.

Dave Asprey: Are you saying that because you're on my show?

Chris Bell: No, no, no, that's the reason I wanted to come here. There's a reason why we're actually, you say you don't do this often where you get people here. There's a reason why we wanted to come here.

Dave Asprey: Just don't feel like you have to plug it, but if it's what you're actually doing that's cool. I appreciate it.

Chris Bell: What I'm telling you is I've switched over to telling people. I love Robb Wolf stuff. I read a lot of his stuff, so I actually recommend more Bulletproof Wired to Eat. I'm like, "Hey, read these books. I think they'll be really good for you to figure out what you need in your diet rather than just trying to go straight keto," because it's really difficult for a lot of people right off the bat.

Dave Asprey: It is tough.

Chris Bell: It's not sustainable necessarily for a lot of people unless you have a disease, right? We've talked about that.

Dave Asprey: If you have epilepsy it is amazing how easy it is to stay in ketosis because seizures suck. My mom had epilepsy most of her life and so I've seen that effect first hand. Strong motivation. If you have autoimmune inflammation if you're not in ketosis it hurts all the time. Those are very strong, very strong signals, but I find that I'll go to, like I gave a keynote at the American Academy of Anti-Aging Medicine. There's a room full of 3,000 doctors, they all know about ketosis. A third of the talks are about ketosis for aging.

I raised my hand, I said, "How many of you know about ketosis?" Of course, everyone. "How many of you are in ketosis now?" Like 20 hands go up. We've got a room full of the most learned people here who know it's good for them and they're not doing it. What I found too is that unless you live in a cave, if you have a job or you have a family, staying in ketosis all the time religiously, it's as hard as being a raw vegan, which I was for a long time too. It is a huge commitment, right?

Chris Bell: Yeah.

Dave Asprey: Like you said, the soft entry and that's one of the things I really worked on.

Chris Bell: But also I feel like there's a sustainability there. If you tell people, "Look, you can never eat fruit again," ...

Dave Asprey: It's not true.

Chris Bell: ... it's really hard to somebody to stick to that diet, right? I like that it's a little bit more open minded and allows you to have these things because we've gone both ways. We've done the strict keto diet.

Mark Bell: We've done all kinds of different stuff. Also, what's the goal, you know? If the goal is to have someone start to lose some weight, usually when you lose weight you become healthier. You mentioned at the age of 26 having your testosterone messed up, but I think you've also mentioned being very heavy.

Dave Asprey: Oh yeah, 300 pounds sucks.

Mark Bell: Yeah, at a very young age, so maybe the food you were eating were contributing to the poor ... Who knows? Genetically it's hard to say. Whenever you lose weight you become healthier, so something as simple as telling someone to get to sleep on time, start drinking more water, just these little things, use some intermittent fasting, use some Bulletproof intermittent fasting, it's like that's not that big of a change for your diet, because I'm not asking you to really change anything you're eating.

I'm pulling out some, not drinking anymore sugar, not drinking any Coke or Pepsi or beer or wine or things like that. There's these small changes that you can start with. You don't have to be all in from day one.

Dave Asprey: Yup. You're always going to be on some diet because you eat. It's just a matter of where on the spectrum are you. One of the big things for me having tried, like you guys, hundreds of diets and for me, gaining 20 pounds, losing 20 pounds, gaining 30 pounds, losing 20, so just kind of stair stepping up like every fat person ever who has tried to lose weight will do this until they find something that sticks.

But the difficulty that you go through there is that once you're not perfect, you're off the diet and then you lose. When you just reframe that, no, you're always on a diet. How close to perfect are you? If you say I'm only going to be perfect, you've already failed because you're like oh, I had red meat. But was it grass-fed? Yes. Was it grass-fed organic? Yes. Was it raised by small children? Yes. Were they enlightened small ... It doesn't matter. You can always be more perfect and screw that noise. That's an eating disorder.

Mark Bell: You can have a lot of anxiety built up towards that, which is going to not allow you to lose fat anyway.

Dave Asprey: Totally.

Chris Bell: That's interesting, you say it's an eating disorder because I felt like for a while when I first started keto at the beginning of this year, I had an eating disorder. I had two kinds of eating disorders. First of all I had a really bad relationship with food. I listened to Robb Wolf's book and he's like, "That's the problem, you have a relationship with food." He's like, "You shouldn't have a relationship with it. It's just there, you know?" He's like, "Figure out what you need and go get it." That just opened my mind a little bit.

Dave Asprey: A lot of the neuroscience stuff that I do, and I run 40 Years of Zen, this neuroscience thing for execs, you realize that you're constantly telling yourself a story and that the nature of the brain itself is it's a pattern matching system that predicts the future and if the future doesn't match what you predict then you notice, otherwise it's invisible to you. It's fascinating the tricks we play.

But the story that almost everyone has about food at some level or another, it's entirely made up because food's inanimate unless you're eating something that's still alive, which is unusual. So what's going on there is there is no story that's real. It's all you predicting, all what you're saying to yourself and if that narrative or that pattern matching system or that prediction for the future is wrong, you're going to look at the food, you're going to predict that when you eat the food it's going to make you feel loved or it's going to make you feel safe or it's going to do something and it's all bullshit.

But until you recognize that that's happening, and you can do that in keto. You can do that eating a whole foods diet. You can do that as a raw vegan and you can do that eating the standard American junk food diet. It doesn't matter. The story is part of the equation.

Chris Bell: It's all things you made up. What I share with people all the time is that you're one meal away from being back on your diet. You're one meal away from being out of it, but it's okay because if you're going to eat some chocolate cake, you're going to just go crazy, eat some ice cream, pizza, whatever, you're just one meal away from being back in. You don't have to beat yourself up over it. Enjoy it. It's done with. Move on.

Dave Asprey: This is an interesting question for you. As a power lifter, I in the mid-'90s when I was really looking all right, how am I going to lose this weight and having 18 months in the gym six days a week, half weights, half cardio, not losing any weight. I really started digging in on all this stuff. One of the things I read was a book by Rob Fagan called Natural Hormonal Enhancement. This was one of the first steroid-free bodybuilders.

He really introduced me to some of the ideas that I've evolved over these years. He had a cheat day sort of thing, but it was different than the 4 Hour Work Week kind of day where you eat a bucket of crap.

Chris Bell: I did that.

Dave Asprey: I used to do that.

Chris Bell: Yeah, I used to do it too.

Dave Asprey: A lot of bodybuilders do, but I found out, I'd eat my crap on Friday night. I had this thing in the Bay Area, it's a place called Max's Operatic Café and it was like a layer of cheesecake, a layer of chocolate mousse, and a layer of chocolate cake.

Chris Bell: Hitting it hard.

Dave Asprey: Have a loaf of bread and some sort of whatever was on the menu. I'm so happy now, but then I was okay on Saturday, kind of okay on Sunday and Monday I was an absolute zombie. So there's like a multi-day effect and so I just tell people look, you can have a day that you eat more carbs, but if you just eat crap, you're going to spend four out of seven days of the week recovering from your cheat meal.

Chris Bell: Yeah, I call it a food hangover.

Dave Asprey: Okay, so I was saying where did you start with that because really power lifters, guys who lift a lot of weight, spend a lot of time in the gym, they're kind of notorious for "I had pizza and beer, but I'm going to work it off." What's your take on that now that you're a little older?

Mark Bell: It's very hard outside the gym being an entrepreneur and wanting to chase multiple things down at the same time. As a power lifter, as somebody that I wanted to be the strongest person in the world. That was my goal at the time. To have that goal, to have that singular focus I had to not even really care about the food that I am in the sense of getting bigger.

That was really hard to try to detach myself. Now looking back at it I could have done all of that in a much smarter fashion as well. I could have used healthier foods, but I intentionally made myself fat. Got all the way up to about 330

pounds. As each 10 pounds I gained I kept getting stronger and stronger and stronger, even proportionate to my body weight.

But once I went from about 300 to about 330, I had diminished returns. At that point I was just like, "Holy shit, I'm just fat." You know? I'm not executing on what I originally set out to do. What am I doing? You look around at the other power lifters and stuff and they're all kind of doing the same things because we got way too deep in something that initially starts out fairly healthy. I'm going to get bigger. I'm going to get a little stronger or stuff. Like a cyclist that eventually turns into a competitive cyclist. It can at some point be dangerous. It can compromise your health.

Dave Asprey: It will shorten your telomeres, those things as your cells divide. If you have long telomeres you live longer. If you do extreme endurance it feels good, you get the opiate high, but you are probably taking some years off your life.

Mark Bell: Then in terms of the actual food and trying to eliminate that relationship with food was important. I try to share with people try not to eat in front of a screen because if you're eating in front of a screen and you're watching TV and you're just gobbling down food, you're not really thinking about it. You're not paying attention to any of your digestion. You're not paying attention to chewing.

I had to start to really try to think about what I was doing. When I started to lose weight and started to have these cheat meals we would call it, it was a full day.

Chris Bell: We used to call it operating from home. We would leave the gym. We'd be done at the gym and we'd go right to Dunkin Donuts because we lived in New York.

Mark Bell: A bunch of candy.

Chris Bell: We'd buy a dozen donuts and we'd kill them on the way home.

Dave Asprey: Oh God.

Mark Bell: Pizza.

Chris Bell: Candy, pizza, everything that's toxic and bad for you we would shove in our face that whole day.

Mark Bell: Easily 10,000 calories.

Chris Bell: And we would gain 10 pounds in one day and then we'd lose that 10 pounds in another day. That can't be good for you, right?

Dave Asprey: Yeah. It wasn't fat. The 10 pounds was inflammation.

Chris Bell: That's the water inflammation, yeah.

Dave Asprey: You got inflamed, right? That's one thing that drives me nuts. I'll tell you, it says on the cover of Bulletproof Diet, lose a pound a day kind of thing. Well yeah, you can lose a pound a day on any ketogenic diet for about four or five days because you're just like, "Oh, I'm getting rid of inflammation. Ketones are anti-inflammatory," but it's what happens after that where it's okay, now I got rid of the water, the inflammation, then is the fat going?

Chris Bell: I have an interesting question on that.

Dave Asprey: Sure.

Chris Bell: Dr. Steven Finney, I was watching a thing with him the other day and he said, "I've been on a ketogenic diet for 10 years. My weight has stayed rock solid for nine." As somebody who's trying to get leaner and lose weight, I've been on a ketogenic diet for I don't know, eight months pretty much straight and my weight is rock solid, like 185, it just won't go down. I'm like is it calories? Because I listen to all these, read all these books and listen to audio books and people say, "Oh, calories don't matter. It's hormones." So what does matter. What am I doing?

Dave Asprey: Well, it's interesting because if you put someone in a chamber that measures their poop, every calorie count of your poop.

Mark Bell: Here we go.

Chris Bell: Here we go, yeah.

Mark Bell: Calorie count, you knew we were going to talk about poop. The calorie count of your pee, the heat in the room that you're making, there's incredible levels of detail there and you can make the argument that calories count. The problem is that in the real world the reason calories don't count, there's two prime examples here.

One of them comes from the ranching industry, and I studied a lot of meat production. We have grass-fed, collagen, protein, I have three lambs. I don't know if you saw them coming in the front yard.

Chris Bell: Yeah, I did. I almost ran them over by accident.

Dave Asprey: Were they out of their enclosure?

Chris Bell: Yeah.

Dave Asprey: Those little bastards. They keep knocking down the electric fence. Anyways, you guys know I really am an organic farmer here. These guys are witness. What commercial ranchers will do is they look at something called feed efficiency, which frankly shouldn't exist. This is how fat can the animals get on how few

calories? Wait, they're getting fat on those calories? Do they make more money if they do that? Yeah.

They take something that is actually mold toxin. It's called zaleleron and its concentrated into a little waxy pellet that goes in the cow's ear. It's called zaleleron. They put it in the cow's ear and magically their feed efficiency goes up by 30%. They get fat on one-third less calories.

Chris Bell: Wow.

Mark Bell: Wow.

Dave Asprey: If that is possible, then it's not about the calories. That is point positive, you cannot say it's a calorie equation except if you look the cow or a person in a chamber and you limit calories, they will probably lose weight, but they won't all lose weight at the same rate, which is also, wait, how is this possible? There's some interesting theories about water chemistry, mitochondrial efficiency, all sorts of interesting stuff going on there.

What's going on with you is I would hypothesize that you may have one of the genetic things, MTHFR is a common thing that I've written about, that's I've talked about it and a lot of times when people don't respond, some of your mitochondrial pathways are blocked. Your mitochondria's job is to take food and oxygen and actually light.

Chris Bell: But should I be losing weight, or should I be rock steady at a certain weight?

Dave Asprey: You should be, well, you've got some extra pounds. You lifted your shirt up earlier.

Chris Bell: I could lose a lot of fat.

Dave Asprey: Yeah, you probably have like 20 pounds or so, 25 pounds maybe.

Chris Bell: Absolutely.

Dave Asprey: Would you say?

Chris Bell: Yeah.

Dave Asprey: You play around with the amount of food you eat. There's nothing wrong with eating less calories. The problem is that if you rely on your willpower to eat less calories, you are going to lose. The reason you lose is because you'll lose 20 pounds and then you'll gain 30. That's what happens so you have to find a way to cut the calories back without hitting your willpower reserves. Willpower also takes energy, the same energy that's coming from your mitochondria. The mitochondria that are screaming that you don't have enough energy.

In fact, the energy that should be going into your brain and into moving and all that stuff and your muscles, some of it's getting stored as fat when you don't want it to be. You want that energy to be available. So there is a mitochondrial thing behind weight loss always. Is it your thyroid? I don't know, have you done advanced thyroid panels?

Chris Bell: Actually, I should just be honest with you. I just hated being fat. I started taking T3 for a while. My doctor's, "Oh sure, you can take it. Whatever." I started taking it and I would actually take more of it.

Dave Asprey: It's a thyroid hormone. Oh, you did?

Chris Bell: I lost a lot of weight by just taking T3, right?

Dave Asprey: Did you stop?

Chris Bell: Well, I, so what happened was I jumped into doing keto and I'm like I just need to get off this T3. It's making me sweat a lot. I just didn't feel good on it so I just stopped it cold turkey. Everybody said you're going to gain 50 pounds. I didn't gain an ounce and I still haven't. But I think that's maybe why I'm not losing?

Dave Asprey: That's probably why you're not losing. My guess is you were taking too much if you were sweating, but given that you were on it, your body's going to take a while to re-regulate your thyroid function.

Chris Bell: I've been to my doctor since and everything trying to work with him on figuring it out. We just haven't figured it out yet.

Dave Asprey: So you might need a low dose T3 or something like that. My guess given your history, you've got something going on because it wasn't just the social stuff. Maybe it was all emotional that got you addicted, but quite often there's physiological stuff, like we're self-medicating because there's a harbored problem.

I just finished an interesting interview with a guy formerly from the USC's Neurology Department saying everyone who has these kind of things going on has a traumatic brain injury, either from chemicals or from hitting their head, even as a small child. That stuff affects your hormones, affects your weight gain. It's a holistic thing there and I wish I could tell you do this one thing. I can tell you that if you can make it so you want less food and you eat less food, the odds of losing weight go up.

If your thyroid's jacked you'll be just like I was, 1,800 calories, working out as much as I can every day. Didn't lose a pound. I could bench press more, but I couldn't lose a pound. You may be in a situation like that, and that's where you've got to get your labs. You've got to understand what's going on there.

There's also a parasite you can have. I haven't talked about this. I've been wanting to do an episode on this for a while, but I'll out myself here.

So during the testing phase of the Bulletproof Diet before I published this, I went really heavy on all the different things I could test including doing about four to 5,000 calories a day. Just pounding it, but it was very keto when I was doing that. Lots of Bulletproof Coffee, and I thought I was going to gain a little bit of weight and I slept five hours or less per night. It was ridiculous.

I did this to sort of say look, I'm going to gain three pounds, but the math says I should gain 20 pounds. Clearly those equations don't work. Actually lost weight and I felt really good. I did this for 18 months. When I was starting Bulletproof, I was a VP at a big company - and I started Bulletproof - and it was because I was sleeping less. I was just using this energy. It was nuts. People still say that's not possible. I'm like, I don't know, it's kind of just what happened.

But during that time I had this dialed in. It was consistent, and all of a sudden I gained 25 pounds in about five weeks. I'm like, "What just happened?" It turns out I had picked up some kind of, I travel all the time, I had picked up some kind of a parasite. I want to say it was blastosistis.

Mark Bell: The bulking parasite.

Dave Asprey: Yeah. You know about this?

Mark Bell: I've heard of it.

Dave Asprey: Yeah, so I was like, "What the heck?" So good thing I went biohacker. I knew the right people. I tracked it down and I took the drugs to kill it and the weight was gone in like two weeks. So you could have something like that going on. There's even a virus that makes you fat. It comes from chicken. If you get that, you're going to be fat.

Chris Bell: A fat virus.

Dave Asprey: Yeah. So there's weird stuff going on that we don't necessarily know about that's part of. Long answer ...

Chris Bell: That's a great excuse. I caught this fat virus.

Mark Bell: I ate too much chicken.

Dave Asprey: I think it's from getting scratched by chickens, but there's stuff we haven't paid attention to, but you might look at your gut biome, get the Viome test. That's going to tell you more than you've ever seen.

Chris Bell: The next step was after learning as much as I could about the ketogenic diet, now I dove into the gut biome and I'm realizing all the stuff that's in there. In our next documentary Mark and I are going to make a documentary together and that's why we're here talking to you too, is we want to explore all this stuff. I never realized that your gut microbiome meant anything. Now I'm realizing it might mean everything.

Dave Asprey: It means a lot because there's another microbiome inside of you. I'm supposed to be interviewing you guys but I've got to get on my soapbox for a second here because this is ...

Chris Bell: No, this is great. I love it, man.

Dave Asprey: I spent a couple years writing Head Strong and really ...

Chris Bell: Great book by the way.

Dave Asprey: Oh thank you.

Chris Bell: I did love it.

Dave Asprey: Just comprehending the mitochondrial thing that's going on and the way I view the body now is you're a Petri dish and you've got a quadrillion ancient bacteria. You're managing their biomes, your mitochondrial biome. That includes the environment around you and then you have a gut microbiome. There's actually less bacteria in the gut than there are mitochondria in the body, but there's more bacteria in your gut than there are cells in your body.

So if we believe we're a collection of cells it's one thing. If we believe we're a collection of mitochondria it's a different thing. So what you're trying to do here is manage your gut biome because it talks to your mitochondrial biome. If that communication is disrupted, and you can disrupt it with LED lights in your bedroom, there's all kinds of things you can do, buy diet sodas and crap like that.

All sorts of stuff, so it is a complex thing, but I'll tell you, if you keep playing with it and keep looking at the data and you keep measuring what works and what doesn't work for you, I don't know anyone who can't lose weight on that stuff. But for some of us, like where I was, like I'm really working hard here. Every ounce of extra energy I have goes into this and it's not moving, it can be really frustrating. You'll get it.

Chris Bell: We'll get there.

Dave Asprey: All right. This is back Mark to you. All right, I was reading about some of your training routine stuff and you're a little bit insane.

Mark Bell: Sometimes, yeah.

Dave Asprey: You do hill running. All right, hill runnings. I've seen that. Alligator tango, body weight circuits. I teach my kids body weight stuff. Chinese self-hand slap torture, grape juggling, interval cardio and treadmills. I'm all over intervals. You recite William Blake poetry backwards in Dutch.

Mark Bell: Only when I'm drunk.

Dave Asprey: Oh, only when you're drunk. All right.

Mark Bell: Yeah, so speaking of hacking, somebody hacked my Wikipedia so that's where that information comes from.

Dave Asprey: Is that not true?

Mark Bell: It's 100%, yeah, it's 100% not true.

Dave Asprey: It was actually me. No, it wasn't.

Mark Bell: Yeah, I know. Somebody's like, "Hey, Wikipedia ..."

Dave Asprey: This is brilliant. That's where I read it.

Mark Bell: Oh my God. I was reading it, I'm like, "Who wrote this? Whoever did is a genius," so if anybody's listening to this you did a great job. It was so funny.

Chris Bell: Wikipedia's 99.9% right they say, so that's the other .5.

Mark Bell: Yeah, that's the other .5.

Dave Asprey: Wikipedia's interesting too.

Mark Bell: I couldn't believe. I was like, oh my God.

Dave Asprey: There's actually a strong bias on Wikipedia against functional medicine.

Mark Bell: Really?

Dave Asprey: This is about 500 people who are the real heavy editors and it's definitely not an unbiased encyclopedia.

Mark Bell: It's influenced.

Dave Asprey: It's highly influenced, yeah. It's unfortunate. I think we can do better, but there's a lot of almost Reddit-like trolling behavior amongst people who do comment.

Mark Bell: Interesting.

Dave Asprey: One of my good friends is one of those 500 and you're like, "Wow, is that really ..." a lot of political intrigue and all.

Mark Bell: Check your sources.

Dave Asprey: So basically guys who are editing Wikipedia and the friend of mine, you know who you are, you've got to fix, you've got to fix Mark Bell's page. I mean come on.

Mark Bell: You got a little jacked up.

Dave Asprey: I was like grape juggling? I can see a neurological thing because I actually do juggling on a balance thing for cross patterning and I was like ...

Mark Bell: I could never figure out juggling. My brain doesn't work that way.

Chris Bell: I can juggle.

Dave Asprey: I keep dropping them. So juggling is great for you. I don't know what self-hand slap torture is. I don't think I want to know. I was like, I can tell you, NBC Dateline interviewed me while I'm playing, you saw the robot ping pong table downstairs?

Chris Bell: Yes.

Dave Asprey: Daniel Amen, the Change Your Brain, Change Your Life guy who really did change my life, he's like, "Dave," he's looking up here. He's like, "Just get a ping pong table." I'm like, "Really?" He's like, "Yeah." I have this robot thing and it will serve ping pong balls fast. They've got me on camera. There's this whole crew and stacks of lights and all this crap. They're like, "We're going to interview you while you're doing high speed ping pong." I'm like okay, can I do this?

I got to tell you, it was a cognitive workout being able to pay attention to balls and speak. I never said um or stuttered, which was like my win for the week.

Chris Bell: Wow.

Dave Asprey: I was like okay, maybe really doing harder things ...

Chris Bell: Hard to focus, yeah.

Dave Asprey: Whoever wrote this, I could almost see this so you've got me whoever the editor is. That's hilarious. All right. Let's talk about community because you run one of those top 30 gyms, or at least you started it. Are you still running it?

Mark Bell: Yeah, absolutely.

Dave Asprey: You are, you are still running it. Talk about community and what that does just for exercise in general, whether or not it's for power lifting.

Mark Bell: First of all, I think it's always a good idea to enter anything, try to do it with somebody else and put things out into the universe and tell people. If you're going to try something like the Bulletproof Diet or you're going to try any ketogenic diet or anything like that I think it's always a good idea to share with somebody else. Maybe you can get somebody else to do it with you. Like, "Yeah, I'll do it with you."

My brother and I, we started the war on carbs a few years back and we shook hands on it and everything. It's good to be accountable for things. At my gym, Super Training Gym, which I started in 2006, what really makes the gym unique, what makes the gym different is that everybody there has a very similar goal. We all want to get stronger and we know that if we invest time into each other that that's going to help us get stronger. It's going to help the individual get stronger.

Sometimes people will come in there and they'll be like, "I don't want to get in anybody's way," because they're intimidated by the weights that we're moving around, but the biggest way to get in someone's way is to not do any work. Sit off in the corner is number one way to not participate and to not help what everybody's doing.

The number one way is to get moving and to work on yourself and while you're working on yourself, he's going to encourage me to do a certain weight. I'm going to encourage him to do a certain weight and so we all end up helping each other out. The gym is also free. Super Training is a place that I have, there's no way for me to pay back Super Training Gym. It's like a lab. I've been able to test all my products in there and test my own training methods in there. I get so much back from the gym it's hard to ever repay any of that.

Dave Asprey: So anyone can just show up you're saying? Or do you ...

Mark Bell: Yeah, well ...

Dave Asprey: ... qualify?

Mark Bell: We make it a little bit complicated. Yeah, just about anybody can show up. They usually hit us up on Instagram or they'll email us or something like that and then we just kind of vet them. But any Sunday anybody can come through the doors and check out the gym. We try to be open. Lifting and exercising is hard enough as it is. We don't need it to be harder. We don't need diet to be any harder than it already is.

We don't need anything to be more negative than it already is so I'm trying to create a lot of positivity and by having that positivity it helps create a community of people that will literally do anything and everything to not only ensure their own success, but other people's success as well. We're about to move the gym. The gym is in a 2,500 square foot facility and we're moving to a 23,000 square foot facility.

Dave Asprey: Wow.

Mark Bell: The second that we move, the whole team's going to be like, "Yup, I'm there. I'm helping." No one's going to be complaining. The last time that we moved I barely touched anything because everyone was whipping around so fast, grabbing mats and the squat racks and so on, moving everything around.

Dave Asprey: I see a lot of people, I used to do this when I'd go to the gym, this was when I was doing my six days a week sort of thing, I'd put in the headphones, put on a baseball hat and I wouldn't make eye contact. I'm like I'm just here to do this. It was sort of the opposite thing and I was a little bit Asperger's back then. That could have affected things. I see a lot of people go to the gym with headphones and it's almost like they're avoiding community.

Mark Bell: The gym, exercise is supposed to make you feel better. I think everyone thinks I'm going to go in there and I'm going to torture myself.

Chris Bell: I'm going to kill it.

Mark Bell: I'm going to kill it. I'm just going to, I'm going to beat my body up because it's good for me.

Dave Asprey: Right. I certainly was doing that.

Mark Bell: To some extent it is good for you, but you shouldn't be lifting angry. You should be lifting happy. You should be exercising happy. It should be maybe you don't want to do it every single day, but that's kind of the reason why we have other people there, to make you accountable for showing up because he might not want to show up on a certain day and maybe he's down, maybe his girlfriend broke up with him or something and I can pick him back up and say, "Hey, let's, this is important to us, you know? You've already said this is important to you.

You're on a mission to lose weight. You're on a mission to look better and to feel better. Let's make each other accountable." We can, yeah, we can worry about other stuff. We can cry later on, you know? You can worry about that stuff later, but we don't even allow headphones in my gym. You're not allowed to wear headphones. People can play whatever music they want, they could rage and go as crazy as they need to, but you're not allowed to be off in the corner by yourself. You have to participate in everybody else's workout.

Chris Bell: The no headphone rule, I was shocked. I was in the gym training because I live in LA and he lives in Sacramento. I've got headphones on. He comes up to me, he's like, "Hey, no headphones." I'm like, "I'm your brother." He's like, "No, no. You're my brother, but you're in my gym. No headphones." I was like, wow, that's really cool. I thought about and then when I got off the plane ...

Mark Bell: I want people to communicate with each other.

Chris Bell: When I got off the plane this week, because I flew up to see him first before we came here, and I get off the plane, I'm so tired and I walk into the gym and he just hands me a hip circle. He goes, "Here, put this on. Let's go. We're starting." I wasn't even planning on working out. I need to get there. I'm going to take ...

Mark Bell: We gave him a brutal workout, too.

Chris Bell: I'm going to take a nap. I'm going to blah, blah. I'm with Lauren and he's like hands her a hip circle too. "Let's go." We just start walking around the gym. My hips, I have two fake hips, I could barely walk. I could barely move. That hip circle is so great for just getting your hips moving that I was like okay, now that my hips are moving I'm going to do a full workout. We just went crazy and it was because it was a community, because it was me and my girlfriend and my brother. It just felt so good to be in that zone with them.

Mark Bell: A few times during the workout he said, "I can't. I can't." That's fine, because there's going to be stuff that you really struggle with. He's like, "No, I'm in a lot of pain." I'm like, "Well, there's so many exercises to choose from there's no reason for us to put you through a lot of pain. Let's have you just do this."

We do a lot of stuff in my gym that I consider to be, immediately scalable is what I call it. If we're going to do an exercise such as a farmer's carry, which is just walking with weights, what age group can walk with weights? Any age group can walk with weights as long as you have the ability to walk, you can walk with a little bit of weight. Maybe somebody only picks up 10 pounds, but maybe somebody else is using 100.

Chris Bell: Maybe it's two pounds.

Mark Bell: It's immediately scalable. We don't need to trade weight. We don't need to switch things out. We don't need to do anything. I have sleds and things like that that you can ... We use this one thing called the tank. We push this thing and it's got these different levels. It's on wheels.

Chris Bell: It's brutal.

Mark Bell: Everyone's like, "Oh, this thing's going to be really easy." You jack the level of the thing up and you push it and it feels like you're pushing a five ton truck.

Dave Asprey: Wow.

Mark Bell: But I can scale it to anybody. I can lower it back down and somebody can put it in neutral. Maybe just walk with it.

Dave Asprey: I got to ask. The no headphone rule, this is a bunch of dudes, right? How many women come to your gym?

Mark Bell: Yeah, there's maybe about five women. They pop in and out here and there.

Dave Asprey: Because that's one of the problems in gyms is I've heard this over and over ...

Mark Bell: Women are a big problem. I agree.

Dave Asprey: Not where I was going with that, but there's a lot of Bulletproof women who use Bulletproof Coffee and they're getting the benefits, but they talk about going to the gym and they're like, "If I don't have headphones in guys are constantly try to chat me up. I'm here to work out. I'm not here to be stared at."

Chris Bell: It's a different environment maybe? You say that?

Mark Bell: Oh yeah. Our gym is so different.

Chris Bell: If somebody hit on somebody they'd get so made fun of. They'd get destroyed.

Mark Bell: Yeah, that's not really going to happen much in my gym.

Dave Asprey: Still, women aren't coming, right?

Mark Bell: They do. They show up quite a bit because we have women that show up on the weekends and stuff. We have people visit us from all over the world and they still come into the gym, but our guys are, a lot of the women have commented before. They're like, "I really like training here," and they don't care if they're wearing shorts. Maybe they're self-conscious about these girls are wearing these little booty shorts nowadays and a lot of the girls are like, "I would never wear these in a regular gym, but I feel comfortable just wearing whatever I want."

Dave Asprey: Because it's about the exercise and community.

Mark Bell: It's about lifting heavy. For the most part, it doesn't really operate the same way a regular gym does, in any fashion.

Dave Asprey: Okay. So that's a part of the community there. So there might be an argument for headphones if you're in a gym and you don't want to get harassed.

Mark Bell: Yeah. I think so. I think there is something to getting a little disconnected, to what all the other things that are around you and kind of focusing, but I still think you're better off doing stuff with somebody. If you have headphones on that makes it very challenging...

Chris Bell: A long time ago Louis Simmons taught us owner of West Side Barbell, he taught us to lift with people. He taught us to be around other people and that kind of thing. I think he always would say that commercial gyms are a waste of time. He hasn't been in a commercial gym in like 30 years. That's great, and that's sort of what Mark takes those lessons and goes, this isn't a gym for me.

Mark Bell: Think about it, if I said, "Dave, let's go do push-ups right now, just against each other," you'd be like, "I don't really want to, but sure." It's just a challenge. It's a way to get someone exercise, way to get someone involved. You're a competitive guy and who knows, a push-up is kind of scalable. I weigh a different weight than you just because I've benched a lot of weight. It doesn't necessarily mean I'm going to win that push-up contest. Therefore it makes it fun.

Dave Asprey: I knew we were going to compete. I put estrogen in your Bulletproof Coffee. Sorry man.

Mark Bell: Oh my God. I thought I felt my nipples being a little more sensitive.

Chris Bell: When we did our workout the other day we were doing something as simple as arm circles and I realized wow, because I have a shoulder issue.

Mark Bell: Yeah, just me and these guys.

Chris Bell: I'm going wow, I can't even do that. Why am trying to bench, like my shoulder hurt so bad I can barely do that. Let's do things that are small, rather than get hurt.

Dave Asprey: You've got to get some stem cells, man.

Chris Bell: Yeah. Actually we were just talking about that. I've listened to your stem cell ...

Dave Asprey: I've had them injected...

Chris Bell: It's the way to go?

Dave Asprey: Life changing. Absolutely life changing. Yeah, those old injuries go. For you, having been an addict, you have chemical brain damage.

Chris Bell: Yeah, Dr. Ron does it for chronic pain I believe.

Dave Asprey: Yeah. We had, let's see, Harry Adelson's been on, Kristin Comela has been on talking about stem cells. We've got Matt Cook coming up here, so there's ...

Chris Bell: I just need their info. I'll be there.

Dave Asprey: All right, good to know. I'll hook you up afterwards.

Chris Bell: Absolutely.

Dave Asprey: It's becoming way more affordable than it ever has been before. It used to be like fly to Germany, and spend 50 grand. It's way cheaper than a hip replacement, let's put it that way. All right, now you guys said something else. You said you're not at the gym to kill it, but you started a site called the War on Carbs. Are we going to ever win the war on carbs?

Mark Bell: You know what? I actually really hope so. My brother and I, we were in Malibu recently. I was out there with my family just enjoying some vacation time. We were hanging out and we were pulling out of this driveway and we saw somebody smoking. He was like, "Wow, people still do that?"

Chris Bell: Is that still a thing?

Mark Bell: I said, "My goal ..."

Dave Asprey: It is indeed.

Mark Bell: I said, "What I want to make my goal is for people to say that about obesity." People are still making these bad choices, people are ...

Chris Bell: Yeah, that's still a thing?

Mark Bell: It's going to take a long time for the education to get out there. It's going to take a long ... But hopefully we can at least start to reduce the number of people that are falling into these traps, you know? With my children, my son its 13, my daughter is nine, from the time they've been very little I've been communicating with them about nutrition. It's never like, "Hey, you can't eat that or you can't do this or you can't do that."

I just tell them, too much ice cream can, when they were really little I'd say make you sick. As they got older I explained it more. My daughter is nine. I don't want to get into her psyche, so I've dropped the subject and with my son, but now they make good decisions on their own.

Dave Asprey: Yeah. If you start early it's a lot less work, but I mean the war on drugs has been an abject failure.

Mark Bell: Yeah, absolutely.

Dave Asprey: So ...

Chris Bell: It's not about really launching a real war. It's kind of like we're kidding around, but we're saying in our own mind if you're looking at something that has a lot of carbs, if you're looking at a piece of cake. War on carbs, that's sort of what we're talking about. We're not talking about not eating little carbs that you're going to find in your vegetables, you know?

Dave Asprey: That's one of the dangers of even just the whole keto movement right now.

Chris Bell: Yeah, it's hard.

Dave Asprey: One of the guys who helps push keto, because it's been so valuable for me, but what I'm talking about is cyclical because the immune cells in your brain, the glial cells that trim extra neurons and provide maintenance to the brain, they actually like carbs. They do better with some carbs.

Chris Bell: There's something about a keto that I feel like is kind of cultish in a way. I don't want to be part of something.

Mark Bell: It shouldn't be that way.

Chris Bell: I want to use it as a tool.

Mark Bell: It shouldn't be throwing stones at each other.

Dave Asprey: Give me a war on corn syrup. Let's end that.

Chris Bell: Yeah, yeah, yeah. It's sort of more of what we're talking about. A war on bad things that are ...

Mark Bell: Well, and taking it one person at a time too. Getting one person at a time to commit to walking a little bit more. Getting one person at a time to take care of their sleep a little bit better, hydration, food.

Chris Bell: He started on his Instagram, #10minutewalk and we have all these people losing weight just because every time they eat they go on a little bit of a walk afterwards. How hard is walking? It's easy. I can even do it.

Dave Asprey: That's impressive given the two hips.

Chris Bell: Yeah, we walked this morning for an hour, right?

Mark Bell: Yep.

Dave Asprey: Now I want to talk with you about your documentary Bigger, Stronger, Faster. You've got a line in there, you say, "Is it still cheating if everyone's doing it?"

Chris Bell: Mm-hmm (affirmative).

Dave Asprey: Is it?

Chris Bell: I think so. I think so. I think that like look, in the sports world it's become so blurred, especially in something like the UFC. Look, you have all these guys like John Jones just failed another drug test. Are you kidding me? It's so disappointing to see that. It's really, really bad, but I said it. I said it to my friend, my camera guy who is a big UFC fan, they should just call it ultimate entertainment championship because if it's entertainment like in the movies, they don't care if people use steroids or not. He said, "Well, the real fighters would get really mad at that." I'm like, "I know they would, but that's the world we live in now."

Dave Asprey: See I'm sorry, I'm just going to say it. I wasn't disappointed at all. People will probably be mad about this. I wasn't disappointed when Lance Armstrong got outed. The only thing I was disappointed about is that they lied about it, right?

Chris Bell: Yeah.

Dave Asprey: The only reason they lied is because the people who made the rules forced them to lie.

Chris Bell: I think I'm in the same boat as you, but I still think that you shouldn't, like Lance had sued people and done all these other things.

Dave Asprey: That was clearly not okay. I know one of the guys who's done coaching for me was a Tour de France coach for nine years, Jess Spencer has been on the show, a good friend, he was heartbroken because he was taking care of Lance and didn't know. That's one thing, but it actually makes me mad because the science, the learnings that we get from people who put their lives at risk by using supplements like this or hormones, whatever, wouldn't it be nice if they all just said what they were doing and maybe even vetted it with a panel of doctors and shared the data ...

Chris Bell: Sure.

Dave Asprey: ... so that all of humanity could learn from these people? Because if they're doing it and no one even benefits and then they die, like okay, it was entertaining but all the knowledge was lost. If your mission, like I'm going to kick ass at any cost and I'm willing to take five years off my life ... They did a survey of gold medalists and almost to a T they're all, "Yeah, of course I'd live five years less if I could hit the gold medal because that's what matters most to me."

We're like, "We're going to stop you. You're a 45-year-old competing against 25-year-olds and you must have old man testosterone instead of 30-year-old testosterone." That's actually, that's masochistic and mean.

Chris Bell: I think you're talking, like when you say you weren't disappointed, that's I think a different rule set. I'm saying if the rule says you can't use steroids and you use steroids, then you broke the rule, right?

Dave Asprey: Yeah.

Chris Bell: But maybe they should change the rules. I think that's what we've got to look at.

Dave Asprey: The rules are the problem and from a sportsman perspective, yes, it's disappointing, but setting up a system where the people ...

Chris Bell: It's a broken system is the problem.

Dave Asprey: We need to change the rules. Perhaps we do say these substances are so dangerous that we have a special class. If you're going to use them, it's your body. Do whatever the hell you want. You're going to show up and you get the counterpoint. It's like okay ...

Chris Bell: We've also found that steroids in certain doses aren't that bad. They're not that negative, but because we've forced it into a black market you can't go to a medical doctor and be like, "Look, I want to race as fast as I can. I want to take this, this, this and this because it's my body and that's what I want to do." You just can't do that.

So what is everybody doing? They're just doing it haphazardly. They're not doing it correctly. They're not even, they don't know what's going on in their body when they take something. Therein lies the problem.

Mark Bell: If you wanted to be a girl you can get the proper hormones for that.

Chris Bell: Yeah, sure, yeah, it depends on what your goal is, right?

Dave Asprey: It's a fair point, and I actually would put all of that in the realm of biohacking. The definition I wrote when I was first coming up with that term and building a movement around biohacking is it's the art and science of changing the environment around your body and inside your body so you have full control of your own biology, period.

Full control means you want to change from one gender to another, that's full control. You want to be the most powerful fighter on earth, that's full control. You want to be the strongest, like the strongest man on earth ... Look, there's trade-offs on any of these things, right?

Chris Bell: Mm-hmm (affirmative).

Dave Asprey: Me, I want to live to 180 years old and still be functioning on that age, right? All those are different goals and the tool sets are the same, but just to sort of

randomly say you are allowed to pursue your goal but you're not allowed to use the most powerful tools because someone else might also do that, that just doesn't strike me as what humans do. It never has.

Chris Bell: Yeah. In 1982 Dan Duchaine was the steroid guru in Venice Beach who wrote The Underground Steroid Handbook.

Dave Asprey: Yeah, I've got it back there.

Chris Bell: When he wrote that he said to people, this is a revolution. This is going to change the world and he truly believed it. He wasn't thinking of like I'm a dirty, underground drug dealer. He was just thinking, these are all the tools that people need in order to get here and everybody was going to start using them. So everybody started using steroids because of Dan Duchaine in the Venice area. I actually bought the rights to the book Steroid Nation. I'm making a scripted television ...

Dave Asprey: Cool.

Chris Bell: ... show out of this show Steroid Nation because I think people need to know this. Dan Duchaine didn't only - in my treatment for it, in my pitch, it says he was the world's original biohacker because he was the guy ...

Dave Asprey: Nice. He was one of them.

Chris Bell: He was a guy doing it to himself before anybody else sort of ... I'm sure there's a million of them ...

Mark Bell: Taking all kinds of crazy stuff.

Chris Bell: ... a million people before him too. But in the steroid world he was sort of the guy, right? He was upset when his revolution was, not debunked I should say. It was not debunked. His revolution was squashed kind of, by the death of Lyle Alzado and a lot of other things that happened, where he was like you guys were a part of the revolution.

When Lyle Alzado lied about steroids killing him, that crushed Duchaine. That crushed his thought of this is supposed to be a revolution. These are supposed to be things that can help us. Not things that are hurting us. I think he also was a little bit twisted and he would take things way too far and that's where we get into danger or trouble.

Dave Asprey: Well, that's what innovators do, but I got to tell you, you know how many people died learning how to have airplanes? Thousands of people died learning how to fly.

Chris Bell: I was just thinking that when we flew in here because the planes land on the water. I'm like, "Who's the first guy that did that?"

Dave Asprey: Here's the deal, when you're an innovator you take risks like that. You remind me of this infographic when I was first defining biohacking. Where does the knowledge come from? Power lifting, bodybuilding, the radical antiaging movement, US military special forces, endurance athletes, animal husbandry. There's a lot of knowledge that you can test on a million cows. You lose money if you're not doing it right, so there's all these sets of knowledge that have never been brought together. So absolutely some of the original biohackers out there are military and bodybuilders.

Chris Bell: He was more of a specific biohacker to like, "I'm going to figure out the steroid thing or the hormone thing."

Dave Asprey: I have control of this aspect of my biology and he did. The guy was a wall of muscle.

Chris Bell: We had a guy on Mark's podcast the other day. He was talking about, "Oh yeah, Dan Duchaine, Gatorade and bacon diet." We're like, "I don't even want to know how that works." I just don't even want to know. I actually tried to Google it and I couldn't find it because afterwards I was interested, but ...

Dave Asprey: The thing is if your goal is not health but something else, it's your life. It's your goal.

Chris Bell: Absolutely.

Dave Asprey: You're going to do what you're going to do and that's why I wanted to ask ...

Chris Bell: I think we need to be fair too. Like when we are helping people or when we're talking, look, what's the goal? I think that Mark has taught me that. There's a lot you can learn from people younger than you. My younger brother taught me a lot because he would always say, "Yeah, but you're missing the point. What's your goal?" I'd say, "Oh, I can't deadlift anymore." He would go like, "Who cares, dude? You've got to get that out of your head. You're not a power lifter anymore. You're a great filmmaker."

It took a long time for me to accept that maybe I was good at something besides lifting weights. That was a personal thing. That was something that when I started, when I was young I was really good at lifting weights, and it's the only thing that ... I was short, I was fat, I wasn't pretty, all the things, so when I found lifting I was the strongest kid in my school. I could bench press 400 pounds while in high school. Never took a steroid until I was like 20 years old or something like that. I was just way stronger than everybody. It gave me so much confidence that I think in the end when I got what I actually wanted, to be a

filmmaker, I didn't care because I couldn't bench 500 pounds. I was like a failure still.

Dave Asprey: Your goals changed.

Chris Bell: Yeah. Well, my goals changed, but I didn't realize it until later on.

Dave Asprey: That's what scares me the most about the sort of Bigger, Stronger, Faster perspective is the decisions you'll make when you're 10 about what matters, your prefrontal cortex finishes 23, 24 and I have a great concern about people who really should have healthy [inaudible] levels like I should have had when I was 26 going out there and using steroids.

Even some of the more aggressive smart drugs. Don't do that because you're going to care about different things. I learned so much running an antiaging nonprofit group. I'm like 30-years-old and I'm the president of this group and most of our members are 60-plus. One of my board members is 88 and dating a 35-year-old. But I'm like what they care about when their old and to a T, you talk to your elders and they're like, "I wish I had known that when I was younger, because I'm still recovering from the crap I did when I was 35."

Chris Bell: I'm sur you have a lot of people that are in their 20s that will probably comment on your stuff or say stuff, but you don't have the same goals but they think that maybe you do. You know what I mean?

Dave Asprey: Yeah.

Chris Bell: They're like, "Well, he doesn't even lift, bro." That kind of thing. That's not the goal. The goal isn't to be huge. The goal is to live long.

Dave Asprey: Yeah, and I think part of my mission with Bulletproof is just to be like look, if someone had told me all the stuff I know now when I was 20, it would have saved me a lot of effort and a lot of struggle.

Chris Bell: Exactly.

Dave Asprey: So if I can share that knowledge and I can tell you this is lot of risk. This is going to work with less risk and still get you there, I'm like that's the stuff that's the most precious. I hope ...

Chris Bell: I think when I was young I didn't listen to those people. I'd be like, "Oh, those guys." Because we'd always see the old guy in the gym going, "I used to bench 500." He would say, "I never want to be that guy." As we're turning into that guy you definitely change your goals. You have to.

Dave Asprey: You do and that's a risk.

Chris Bell: Or you'll be miserable.

Dave Asprey: That's a risk of making short term decisions about very powerful steroids or something when you're younger, that is the counter argument to this, let people do what they want, it's that it is your body and if you make really bad decisions in your 20s, whether it's about addiction, whether it's about you ripping your pecs over and over, you do pay for it.

Chris Bell: You're 44?

Dave Asprey: Yeah.

Chris Bell: So am I so we're right at the same age, so when I was younger though the goal was always bigger, stronger, faster. Now that I went through addiction and almost died, hell yeah, the goal is to live longer, you know? It's really, really changed everything that I do. Also, I say sobriety has been the best teacher for me to go on a ketogenic diet or any sort of plan, any program. It doesn't matter what program it was. Learning how to say no to alcohol and drugs when I was so addicted to it, learning how to just walk away, learning how to not let that affect my psyche, learning what caused it and all the things that caused it, you're like wait, the fact that I'm jealous of somebody might have caused this?

The fact that I'm angry about something somebody did when I was like eight-years-old to me? The fact that somebody killed my ball into the woods is what caused me to be this asshole? I don't want to be that anymore, so you consciously make decisions because we have what? Education and we have experience.

Dave Asprey: You nailed it. I'll tell you right now, all of the trolls on the internet were bullied in high school. Seriously, that's how it works, the psychology on this is abundantly clear. One of your old stories there, if you get pleasure out of that, if you're getting even with that guy in seventh grade and a ton of entrepreneurs, they're also people who were bullied in high school trying to get even. You have the same thing going on with [inaudible]. Not going to happen to me.

Mark Bell: Right.

Dave Asprey: It's interesting when you switch out of that. You're like, "I'm going to do it for another reason." I think that's when the gloves really come off. We're coming up on the end of the show and something kind of cool to talk about, addiction and making films and steroids and power lifting, kind of to go all over the place. Talk about the keto project you guys are working on. I want to ask you about the question, that is the Bulletproof standard question.

Mark Bell: Uh oh.

Dave Asprey: Let's talk Mark first. If someone came to you tomorrow, said, "Based on everything that you know you're whole life, I want to perform better as a human being and not just as a power lifter, what are the three most important pieces of advice you'd have for me?" What would you tell them?

Mark Bell: Wow, man, that's an awesome question. Number one, I would say something I've learned in the last maybe year is the only thing that you can truly give somebody is information. So I sell products, you sell products, you have a book. But if you share with somebody information that they can actually utilize, they can use that their whole life.

A Bulletproof Bar, or a Slingshot, you're going to use it for so long or maybe you won't use it. Maybe you'll forget about it. Maybe it will sit in your closet or maybe it will sit on your gym floor. You're not going to really use it all the time. If I give you information or inspire you, then I can help you change your life. I kind of have a mission of I always tell people inspire, don't just instruct. Anyone can instruct. Anyone can learn something and take a weekend course and kind of instruct somebody on better form or better technique for X, Y or Z, but to really truly inspire somebody to get up off the couch and start moving and start doing different things ...

Dave Asprey: You'd say inspire and inform.

Mark Bell: Yeah, I would say that's definitely number one. The other thing I would say is personal development, you know? Just you need time to yourself. You need time to yourself every single day. The most important person in the room is yourself, always. First and foremost. They say, when you're on a plane, they say to put the mask on before you put it on your child. That's because if you're debilitated, you can't help your kid.

So if I'm debilitated I can't help other people, and that's part of the mission right now is to be able to help and assist other people. So I would say personal development is huge and for me, personal development means reading books, sitting down listening to some YouTube videos or listening to some podcasts, going for a walk and just having the music on, or just even sometimes just sitting in silence and doing zero.

The third thing that I would recommend to people is, and this I think the most important piece of the puzzle for everybody is to go home and love your family. You want to have a big impact on the world, it starts with yourself, making sure you're strong enough to handle the things that you need, but it really starts with your family. If I'm important to somebody in Germany that wants to power lift, that's really cool. If I help somebody lose 50 pounds that lives in New York, that's also really cool.

But the coolest thing of all is to be somebody in the eyes of my kids and in the eyes of my wife, so go home and love your family is number three.

Dave Asprey: Love it.

Chris Bell: Yeah.

Dave Asprey: All right, so now it's time to beat your little brother.

Chris Bell: Yeah. I think on that same note, what he said, it does have a lot to do with community and family. When I was a drug addict and alcoholic I was just completely disconnected. When I got reconnected with Mark and my girlfriend Lauren, they're the ones that pulled me out of addiction. So when I reconnected with them it was like oh, I really love these people.

They talk about being around the five people that you're around. I tried to keep working those people into my circles, like how many times I hit you up. You know why?

Dave Asprey: Talk about it.

Chris Bell: Well, I mean that's because we are trying, like we hit up Joe Rogen all the time. We hit up ... He talks to Dana White and Stone Cold Steve Austin. We meet these people. These are the people we want to be in with, so I'm not bothering them, but I'm just saying I want ...

Dave Asprey: [inaudible] Bulletproof Radio. You might have a hard time with one of those other things.

Chris Bell: Yeah, yeah, I don't know. Anyway, oh yeah, yeah, Rogen? Yeah, yeah. Hey look, people have beefs with each other. I try to ...

Dave Asprey: No skin off my nose. Say my name, baby. Say my name

Chris Bell: Yeah, yeah, yeah. Anyway, no, I just feel like having that group of people, right? For me it's more like I have this group of people now. I have my brother, I have my girlfriend, I have my cameraman and his wife are my producing team. Kind of like, that's the five people that are around me the most. And then I have my friend who's my producer on my movie as well, Kelly. Those are the people that are around me the most that I really have learned to value what they're saying, and what they're saying about me.

Another really big thing that people say like, "I'm making this movie. I don't care what anybody thinks of it. I'm doing this project. I don't care what anybody thinks and I don't care what anybody thinks about me. Screw everybody." It's the worst attitude to ever have. All I care about is what people think. The only thing I really care about is when I walk out of this room, what you say about me to other people, because that's the impression that I left on you.

Of I leave a bad impression, if I leave bad ideas behind, if I leave dumb ideas, if I leave uneducated, stupid sayings, things, like I'm just spitting out garbage, you'll walk away and be like, "That guy Chris Bell is so full of shit." But if I come in here, and my passion can influence you in a way or make you think in a different way, or maybe I ask a challenging question, it's like I leave, you go, "Those guys were pretty cool. That was fun." You know? I look for that. I think the third thing comes from our friend The Rock, Dwayne Johnson, always be the hardest-working guy in the room.

Dave Asprey: There you go.

Chris Bell: There's nothing...you are proof of that. Mark is proof of that. I am starting a little bit back, because I had a drug and alcohol problem that I've since been able to conquer. People say that you can't conquer it, that you never conquer it. I think that's a lie. I'm done with it. It's done. It's gone. If it comes back it comes back, but it's gone for now so why relish in it, right?

I think always be the hardest-working person around. I've learned that that's been something in the past six months, for me the workload, I've been giving myself a bigger workload. I've been trying to take on more responsibility because I want to get to that point where I'm just so busy that nobody can get in touch with me like you guys.

Dave Asprey: You might get what you asked for. Be careful.

Chris Bell: Never know.

Dave Asprey: The last one. Yeah, as long as you're allocating your time in a way that gives you energy and you're busy, it's amazing.

Chris Bell: I should say my biggest, the biggest gift I've ever been given is that this talent that I have, I believe I've been just given it, to make films, to influence people with the media that we have because I just think media's so powerful. I just think my brother's wife Andee, her mom came to me crying and said, after I got out of rehab. I'm going to cry saying it. She said, "Don't lose that gift."

Dave Asprey: Nice.

Chris Bell: "You almost lost it. Don't lose that gift." I'm like, man, that is so powerful. You know?

Dave Asprey: Yeah.

Chris Bell: I think that's what we need to look for. You have a gift. He has a gift. We can't squander that.

Dave Asprey: When you get that schedule, schedule yourself with your gift, not with trivial crap. That's a mistake I've certainly made.

Chris Bell: What do you mean by trivial crap?

Dave Asprey: Well ...

Chris Bell: What's important?

Dave Asprey: Well, if you have 16 hours in a day you're going to schedule let's say. Say you sleep a normal amount. You schedule time for your family. You schedule time to take care of your hard write stuff we were just talking about, right? You schedule every other minute doing the stuff that gives you the most energy, that creates the most value.

But if you schedule it to wash your socks, schedule it to do your dishes, to go grocery shopping, those are all things that have to get done that are valuable to get done - and that you will go do if you're the only one to do it. That's the case for a lot of us, but if you're fortunate enough to have people in your life who can support you that way while you make a film, then you go work hard on a film. Don't work hard on stuff that's not your gift. That's what I'm saying.

Chris Bell: Nice. Yeah.

Dave Asprey: I don't normally give feedback.

Chris Bell: No, thank you. I appreciate it.

Dave Asprey: When I heard you say you want to be that busy, never be that busy - unless it's with your gift.

Chris Bell: No, I understand. Sure. Yeah, yeah. Absolutely. That's what I want to be busy ... I keep telling him, all I want to do is keep making movies, keep making comments, keep educating people and learning myself, you know?

Dave Asprey: Yeah. So don't lose that gift and use it to its fullest. That's awesome. All right, guys, one more question for you. A real simple one. I guess we need two different URLs to find out more about your work. Let's start with you Mark.

Mark Bell: Oh, just tell people where I'm at basically?

Dave Asprey: Yeah, just how can they find you. People - I want to know more from this guy. Where's he at?

Mark Bell: Instagram, I'm @MarkSmellyBell, Twitter, same @MarkSmellyBell. Then you can check out all my products at HowMuchYouBench.net. You can also check out my YouTube, YouTube.com/supertraining06 or just Google Super Training '06 and it

will pop up. Thousands and thousands of instructional informative videos, so go check all that out.

Dave Asprey: We'll put all the links in the show notes for you so you go to the blog, this will all be categorized for you. All right, and let's talk about some film URL.

Chris Bell: Yeah, sure. People can find me at Big, Strong, Fast. All three of my, well, four of my films, one of them I was just an executive producer, so there is Bigger, Stronger, faster, which is about steroids basically, and steroids and the American dream I would say. Trophy Kids, which is about how to not parent your kid through sports. That was on HBO.

I actually did that with Peter Berg and that's actually on Netflix. Then Prescription Thugs, which really covers the opiate epidemic. Then because of Prescription Thugs I also executive produced a movie called the Resurrection of Jake the Snake that's available on Netflix, which I just thought was an awesome project about the former WWE wrestler Jake the Snake who became a crack addict. This is sort of his recovery story.

Dave Asprey: Wow.

Mark Bell: It was a great movie.

Dave Asprey: Thank you.

Mark Bell: It really is a great movie.

Chris Bell: Coming up in January or February, around that, I have a new film called A Leaf of Faith. When I made Prescription Thugs there was no answer in sight for the opiate epidemic, but I found it. It's called kratom. It's a plant. It comes from Southeast Asia. It takes people out of pain. It gets people off of opiates and does all sorts of great stuff.

So we're going to basically be exploring that and the film, we just finished it and so we're just sort of figuring out how to place it and what to do with it.

Dave Asprey: I hear questions online on the social channels and all pretty often on kratom, so I'm really excited to see that film. I've tried the stuff you gave me. It's interesting stuff.

Chris Bell: With the amount of knowledge and the amount of, like with this journey that I went on I think people will be really shocked with what we've come up with.

Dave Asprey: Very, very cool. Well guys, thanks for being on Bulletproof Radio. I really appreciate it.

Chris Bell: Thanks so much for having us.

Mark Bell: Yeah, thank you. Yeah, it was great.

Dave Asprey: If you liked today's episode, you know what to do. Head on over to [Bulletproof.com/iTunes](https://bulletproof.com/iTunes). It will take you right to the link for this page and you can just give us a five star rating. That tells everyone else on YouTube that this show was worth your time to listen to today. That's the bar that's set here because if we waste your time and the last hour of your time and a couple, I have no idea how many people are going to listen to this, hundreds of thousands of people.

That's hundreds of thousands of lost hours of human life or improved hours of human life, so if we're crossing that bar leave a rating. I'd be grateful. Check out the work from both these guys. It's worth your time. Thank you.